

*i'm a*  
**BREAD**  
*project*

07/01/2026 - 07/31/2026

**Monthly Maintenance Report**

# BREAD

At BREAD, we protect and maintain your website so that you and your business can win. As a business owner, you have too much on your plate to waste time concerned with whether-or-not your site is functioning properly. Time is precious and our maintenance can give you the peace of mind you need to focus on your business.

The following maintenance report contains the data from key categories relevant to website operation and performance. With your current PLUS Package subscription, we provide several services in order to maintain stability within your website performance. Within this report, you'll find simplified information about your website's updates, security, history, performance, and analytics that can help you discern where you are and drive your future growth.

# OVERVIEW



Website: <https://continuumtherapy.com/>  
IP Address: 34.105.30.128  
WordPress Version: 7.1



## BACKUPS

Backups created: 90; Latest one on: 08/30/2026 5:03



## UPDATES

Updates performed: 9



## UPTIME

Overall uptime: 99.976%



## ANALYTICS

33.2% average increase in sessions in the previous period



## SECURITY

Your website is safe



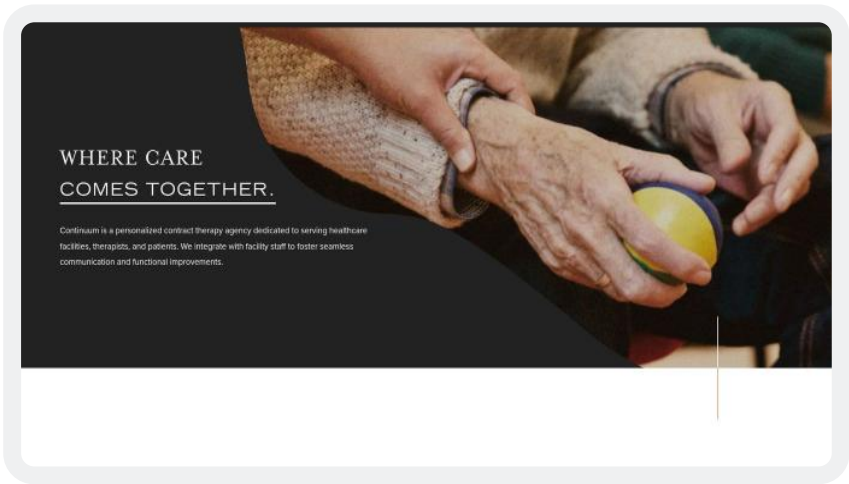
BACKUPS



Backups created: **31**  
07/01/2026 to 07/31/2026

Total backups available: **90**

LATEST BACKUPS



Backup size  
490.37MB



WordPress version  
7.1



Active Theme  
Creative Bread Studio



Active Plugins  
15



Published posts  
0



Approved comments  
0



UPDATES



Total updates performed: **9**  
07/01/2026 to 07/31/2026

OVERVIEW

Plugin updates  
**9**

UPDATES HISTORY (1/2)

| Plugin name       | Plugin version |   |        | Date       |
|-------------------|----------------|---|--------|------------|
| Yoast SEO         | 28.0           | ➔ | 28.1   | 07/31/2026 |
| WP Activity Log   | 5.6.4          | ➔ | 5.6.5  | 07/23/2026 |
| Toolset Types     | 3.6.1          | ➔ | 3.6.2  | 07/17/2026 |
| Toolset Views     | 3.6.21         | ➔ | 3.6.26 | 07/17/2026 |
| DiviGear Carousel | 5.0.1          | ➔ | 5.1.0  | 07/17/2026 |
| Yoast SEO         | 27.9           | ➔ | 28.0   | 07/17/2026 |
| Redirection       | 5.8.1          | ➔ | 5.9.0  | 07/17/2026 |

## UPDATES HISTORY (2/2)

| Plugin name       | Plugin version |   |        | Date       |
|-------------------|----------------|---|--------|------------|
| ManageWP - Worker | 4.9.34         | ➔ | 4.9.35 | 07/16/2026 |
| Redirection       | 5.8.0          | ➔ | 5.8.1  | 07/06/2026 |

 UPTIME



Up for: **14d 16h**

Overall Uptime: **99.976%**

OVERVIEW

|               |             |              |
|---------------|-------------|--------------|
| last 24 hours | last 7 days | last 30 days |
| <b>100%</b>   | <b>100%</b> | <b>99%</b>   |

UPTIME HISTORY

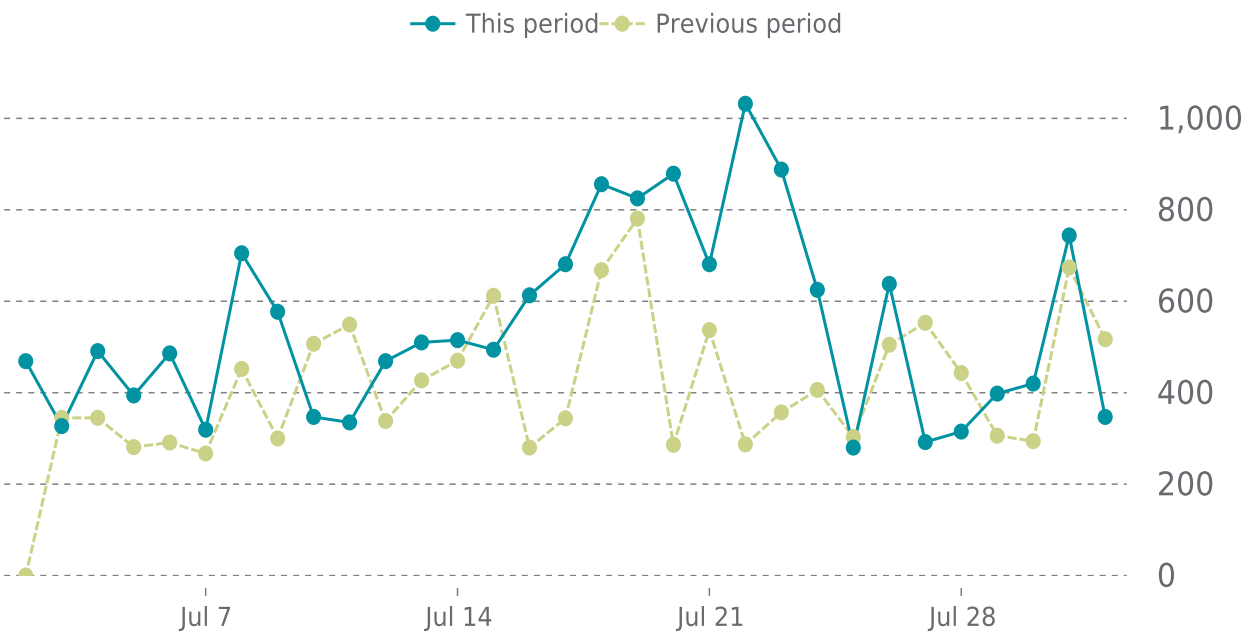
| Event | Date       | Reason                                | Duration |
|-------|------------|---------------------------------------|----------|
| UP    | 07/17/2026 | HTTP 200 - OK                         | 14d 16h  |
| DOWN  | 07/17/2026 | timeout was reached:<br>30.028061188s | 5m 10s   |

✓ ANALYTICS



Traffic up by: **33.2%**  
07/01/2026 to 07/31/2026

SESSIONS





SECURITY



Total security checks: **35**  
07/01/2026 to 07/31/2026

MOST RECENT SCAN  
07/31/2026

Vulnerabilities: Clean

Malware: Clean

Web Trust: Clean

Total Vulnerabilities: 0

SECURITY SCAN HISTORY (1/4)

| Date             | Malware | Vulnerabilities | Web Trust |
|------------------|---------|-----------------|-----------|
| 07/31/2026 14:42 | Clean   | Clean           | Clean     |
| 07/31/2026 0:06  | Clean   | Detected        | Clean     |
| 07/30/2026 3:02  | Clean   | Clean           | Clean     |
| 07/30/2026 3:02  | Clean   | Clean           | Clean     |
| 07/29/2026 4:54  | Clean   | Clean           | Clean     |

## SECURITY SCAN HISTORY (2/4)

| Date            | Malware | Vulnerabilities | Web Trust |
|-----------------|---------|-----------------|-----------|
| 07/28/2026 7:02 | Clean   | Clean           | Clean     |
| 07/27/2026 0:18 | Clean   | Clean           | Clean     |
| 07/26/2026 2:48 | Clean   | Clean           | Clean     |
| 07/25/2026 6:41 | Clean   | Clean           | Clean     |
| 07/24/2026 3:12 | Clean   | Clean           | Clean     |
| 07/24/2026 3:12 | Clean   | Clean           | Clean     |
| 07/23/2026 6:40 | Clean   | Clean           | Clean     |
| 07/22/2026 3:23 | Clean   | Clean           | Clean     |
| 07/22/2026 3:23 | Clean   | Clean           | Clean     |
| 07/21/2026 1:54 | Clean   | Clean           | Clean     |
| 07/20/2026 3:56 | Clean   | Clean           | Clean     |
| 07/19/2026 3:15 | Clean   | Clean           | Clean     |
| 07/18/2026 0:50 | Clean   | Clean           | Clean     |

## SECURITY SCAN HISTORY (3/4)

| Date            | Malware | Vulnerabilities | Web Trust |
|-----------------|---------|-----------------|-----------|
| 07/17/2026 7:04 | Clean   | Clean           | Clean     |
| 07/16/2026 3:55 | Clean   | Clean           | Clean     |
| 07/15/2026 0:26 | Clean   | Clean           | Clean     |
| 07/14/2026 1:55 | Clean   | Clean           | Clean     |
| 07/13/2026 2:40 | Clean   | Clean           | Clean     |
| 07/12/2026 5:03 | Clean   | Clean           | Clean     |
| 07/11/2026 4:23 | Clean   | Clean           | Clean     |
| 07/10/2026 4:35 | Clean   | Clean           | Clean     |
| 07/09/2026 4:47 | Clean   | Clean           | Clean     |
| 07/08/2026 5:15 | Clean   | Clean           | Clean     |
| 07/07/2026 2:59 | Clean   | Clean           | Clean     |
| 07/06/2026 2:08 | Clean   | Clean           | Clean     |
| 07/05/2026 1:05 | Clean   | Clean           | Clean     |

## SECURITY SCAN HISTORY (4/4)

| Date            | Malware | Vulnerabilities | Web Trust |
|-----------------|---------|-----------------|-----------|
| 07/04/2026 0:28 | Clean   | Clean           | Clean     |
| 07/03/2026 4:47 | Clean   | Clean           | Clean     |
| 07/02/2026 5:09 | Clean   | Clean           | Clean     |
| 07/01/2026 1:55 | Clean   | Clean           | Clean     |

# BREAD

Our team is dedicated to providing you with comprehensive, constant web hosting support. If you have any questions or concerns about the information in this report, please reach out to BREAD; we exist to help you win!

Your BREAD Maintenance Team